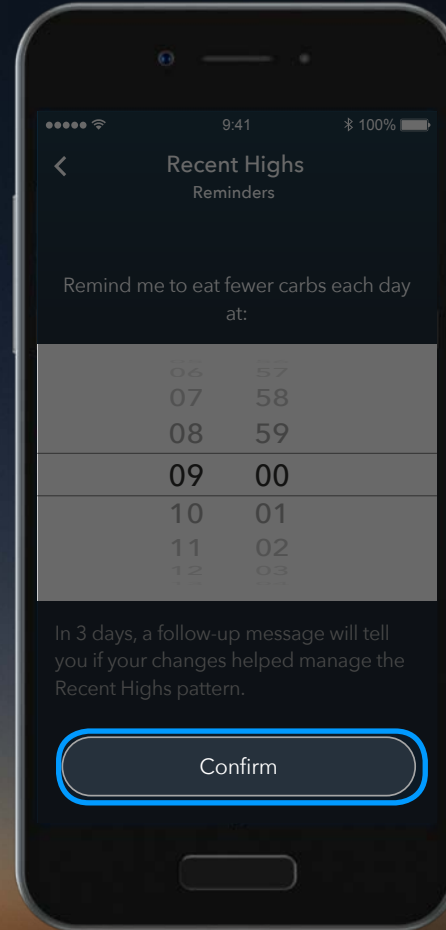


5. My Patterns

Use the wheel to choose a time to receive your reminder to eat fewer carbs each day.

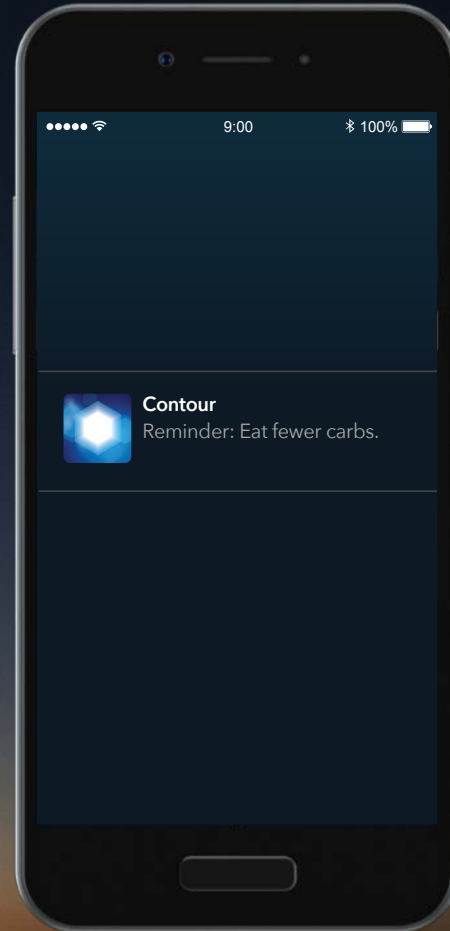
Tap **Confirm** to set the time.



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6. Patterns

At your chosen time, a reminder will display.

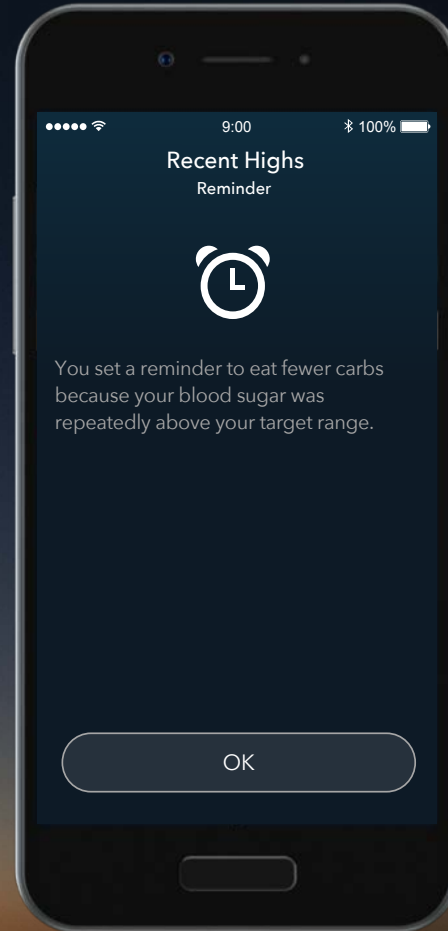


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6. Patterns

At your chosen time, a reminder will display.



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Talk to your Healthcare Professional and refer to the product user guide if you have any questions about the **CONTOUR[®]PLUS ONE** smart meter or the **CONTOUR[™]DIABETES** app.

For more information, and to find out whether these products are available in your country, visit **diabetes.ascensia.com**.



Hypothetical patient data for demonstration purposes only.
Always consult with your healthcare provider prior to making changes to treatment, diet or exercise.



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